**NEW PROCESS FOR COSTA ATHLETICS REGISTRATION**

**As of June 6, 2022**

We are going paperless for the ‘22-’23 school year.  Here are the steps to complete the “athletic packet” or “sports registration” as you have come to know it:

1. Take a clear photo of your Dr. signed, sports physical
2. Upload it [HERE](https://forms.gle/3ccAH8w4vMYXLzy49) through this QR code:
3. Complete your [Registration on 8 to 18](https://miracosta.8to18.com/) for 22-23 school year. DANCE, GIRLS VOLLEYBALL AND FOOTBALL are now open.  All other sports will open the week of June 20 for the 22-23 school year. ***Emergency cards will be printed directly from 8 to 18 so they are legible and contain all the information. I DO NOT NEED or want ANY handwritten emergency forms.***

FYI HOT TIP: CVS Minute Clinics are offering a $25 discount on sports physicals right now through August (price should be around $45), so getting this done in May/June will let you have a valid physical through next Spring.

You can take the [form](https://4.files.edl.io/f3bc/04/20/22/222534-6c253f28-5ada-491a-a21c-495068754c70.pdf) found here to the Dr. exam.

Contact Susan Allen at sallen@mbusd.org with questions.

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| **Minute Clinic**Inside CVS/Pharmacy #94962900 N Sepulveda Blvd, Manhattan Beach(310) 546-3481 **Exer Urgent Care**3215 North Sepulveda Blvd, Manhattan Beach(424) 295-0540 | **Ocean Medical Family and Urgent Care**1106 S. Pacific Coast Highway, Redondo Beach(310) 316-1661 **Dr. Paul’s Immediate Care**1812 Artesia Blvd, Redondo Beach(310) 374-5600 |
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**Medical Insurance:**

California Education Code states that all students who participate in a co-curricular activity must have insurance coverage prior to practice or participation.

**Questions:**  Susan Allen, MCHS Administrative Assistant to Vice Principal, Athletics

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